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Ottawa metro

Your essential daily news | WEEKEND, JUNE 26-28, 2015 | High 25°C/Low 12°C Sunny

S.T. EYE SPY
GLOW IN THE DARK CONDOMS
KOHLER in metroVIEWS

Police scour the Rideau River Thursday as they search for a man who is presumed drowned after he tried to run down two on-duty police officers on Rideau Street Wednesday. JOE LOFARO/METRO

Police chase ends in river

MANHUNT

Cellphone murder suspect presumed drowned

Joe Lofaro
Metro | Ottawa

Police in London, Ont., are keeping in close contact with their counterparts in Ottawa as they scour the Rideau River for a man believed to have drowned after he tried to run over two bike cops.

It emerged Thursday that the man who disappeared in the river the previous evening might be the same man who is wanted in the murder of 18-year-old Jeremy Cook of Brampton, Ont.

Cook was shot to death in London earlier this month after he used an app to track his lost cellphone.

Three men are being sought by police in that case.

Police could not confirm the name of the wanted man, but media reports say investigators are looking for one of the three men — Muhab Sultanaly Sultan, 23, of Calgary. He is wanted on a second-degree murder charge.

A police search boat returned to the Rideau River on Thursday afternoon to locate the suspect.

Ottawa police dive teams have been searching the river for the man since late Wednesday.

Police say the man — who has not been identified — hit one of the officers with his vehicle at King Edward and Rideau Street around 4 p.m. Wednesday. The officer suffered minor injuries.

A police cruiser chased the vehicle to Wiggins Private, where the driver got out and fled. Police apprehended a passenger who stayed behind.

Police brought in a dog team, but they couldn't find the driver.

A few hours later, police started getting calls about a suspicious man around Range Road and Mann Avenue. He was spotted trying to swim across the Rideau River near Strathcona Park.

Two officers waded into the water after the man, who police say was "showing signs of distress." As they got closer to him, the man went under water.

Ottawa Fire Services was also at the scene, but they couldn't find the man. Police have contacted the Special Investigations Unit.

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HUDSON'S BAY

metro NEWS
Your essential daily news

Eh-Mojis show Canadian pride. **Business**

6 THINGS TO DO THIS WEEKEND

Canada Day is on a Wednesday this year, so brace yourself for an early rush of tourists clogging the streets beginning this weekend. There's sure to be a lot of red and white in the lead-up to the big day, so get out there and celebrate with all the great events Saturday and Sunday, including music, sports and food.

ENVIRONMENT CANADA IS CALLING FOR A 40 PER CENT POSSIBILITY OF RAIN ON SATURDAY AND A 70 PER CENT CHANCE ON SUNDAY, SO DRESS ACCORDINGLY. METRO

1 Dragon Boat Festival (all weekend)

The country's largest Dragon Boat Festival starts Thursday night and continues all weekend, raising money for Ottawa charities in Mooney's Bay Park. In recent years, major musical headliners have become just as exciting as the colourful boat races. This year, 13 different bands are playing, including Yukon Blonde, Hey Rosetta! and Tokyo Police Club.

2 Latin Sparks (Saturday)

The Latin Sparks block party on Sparks Street returns for the summer, bringing authentic Latin cuisine, dance and music to the downtown core Saturday night. The areas between Bank Street and Metcalfe will be transformed into "Block Fiesta" and "Block Calinete," featuring different kinds of dance lessons and live DJs.

3 Awesome Colosseum (all weekend)

Rome wasn't built in a day (the Colosseum took 10 years) but the Canadian War Museum is ready to take that project on. As part of the Gladiators and the Colosseum exhibit, kids can help build a Roman amphitheatre out of Mega Blocks all weekend. There will also be gladiator graffiti, ancient Rome fashion and chariot rides on Sunday.

4 Changing of the Guard (Saturday)

The fuzzy hats are back: Saturday will be the first changing of the guard ceremony of the summer. The event starts at 10:00 a.m., but you should get there early if you'd like a good view. If you miss it on Saturday, don't worry; it continues every morning, all summer, until late August.

5 Oyster Festival (Sunday)

The 8th annual Bytowne Oyster festival is taking place Sunday at the Whales Bone fish supply location on Kent Street. Along with music and fresh oysters, there will also be two shucking competitions: the Chef's Cup and the Ottawa Valley Oyster Shucking Championship.

6 FIFA rivalry (Friday)

Friday night is your last chance to see a FIFA game in Ottawa. The heated quarterfinals between China and the United States begins at 7:30 p.m. No tickets are available on the FIFA website, but if you're willing to pay, you can find them online at a higher price. Otherwise, hit a pub along Bank Street.

A before-and-after look at the proposed memorial to victims of communism. The NCC voted Thursday to go ahead with the decontamination of the site. COURTESY NCC

Vexed monument scaled down

NCC

Memorial to victims of communism much smaller

Michael Woods
Metro | Ottawa

It may be a smaller, shorter memorial to victims of communism, but the controversial monument is proceeding full steam ahead.

The National Capital Commission's board of directors voted on Thursday to start the decontamination of the site for the Memorial to Victims of Communism this summer, even though the project's design hasn't been finalized.

The NCC also unveiled its retooled proposal for the memorial southwest of the Supreme Court building.

Its proposed location has been roundly criticized by opposition politicians, Ottawa city council, architects and various community groups.

The new design proposals would see a considerably smaller and more subtle memorial.

The size of the memorial has been reduced from taking up 60 per cent of the lawn to 37 per cent — a reduction from about 3,350 square metres to 2,050 square metres.

> **"I'm disappointed that the NCC has not really demonstrated any backbone.**
> Architect Barry Padolsky

It could be reduced even further, to 33 per cent of the lawn, NCC planning director Steve Willis told the board.

The height of the monument's 'memory folds' has been reduced to eight metres from the original 14 metres, and its bridge portion has been reduced to 11 metres from 16 metres tall. The plans also call for heavier landscaping surrounding the monument, compared to the relatively sparse previous plans.

However, critics are more concerned with the memorial's location than its design.

"It's just a smaller version of a bad idea," said NDP Ottawa Centre MP Paul Dewar.

The design is still a work in progress, but the NCC's board of directors nonetheless voted to start the decontamination process.

After the jam-packed board meeting, NCC chief executive Mark Kristmanson made it clear the memorial's location isn't in the NCC's purview; it's in the Department of Canadian Heritage's hands.

"This is the site that they are requesting, and it is in their timeline that they wish to proceed with decontamination next summer," he said.

Kristmanson said a final design will come to the board later this summer if all goes according to plan.

NCC board chairman Russell Mills said he thinks the smaller design is better and "much less intrusive," but said he voted against starting decontamination because it's premature to start the work before a final design has been chosen. He was one of three board members who voted against starting decontamination.

Architect Barry Padolsky, who has been a vocal critic of the site for the memorial, said the new size doesn't help because the issue isn't the memorial's size or theme, it's the location.

The NCC's own advisory committee on planning, design and realty is among the critics of the memorial's location. Minutes from the committee's meeting in May say it "does not support and cannot recommend the location of the Memorial to Victims of Communism or any monument on this site."

A criticism of the old design was that it was comparable in size to the National War Memorial, which plans have long said should be the foremost monument in the capital region.

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Too few locals on NCC board: Watson

Mayor Jim Watson. METRO FILE

APPOINTMENTS

Commission has 15 board members

Lucy Scholey
Metro | Ottawa

The mayor of Ottawa did not get his wish for more local residents on the board of the National Capital Commission.

Newcomers Victor Brunette, Brian Coburn, and Basil Stewart sat on their first NCC public board meeting on Thursday.

Fellow rookies Carol Loughrey and Lisa Macdonald will join on July 1.

Coburn is a former Progressive Conservative MPP for Ottawa-Orléans, while Brunette serves as director general of a private forestry organization, the l'Agence des forêts privées de l'Outaouais, based in Cantley, Que.

The three other new appointees are from the Maritimes.

"Mayor Watson has long advocated for a majority of NCC board members to be from the National Capital Region and these appointments have not changed that balance," a spokesman for the mayor, Brook Simpson, told Metro in an email.

The NCC has 15 board members, including the chair and vice-chair. Of the remaining 13 representatives, only five are from the National Capital Region.

The new members replace former Ottawa mayor Jacquelin Holzman, Eric MacKenzie, Richard Jennings and Jason Sordi.

Ottawa Centre NDP MP Paul Dewar accused Employment Minister Pierre Poilievre, who is also responsible for the NCC, of choosing to "stack" the board with Conservatives.

But NCC CEO Mark Kristmanson said he actually met with Poilievre three months ago about the new appointments.

"We're in an election season and many things are being said that defy reality," he said.

"We have some gaps in expertise and regions and gender and language, and we encouraged (Poilievre) to make appointments to the board, and to his credit he commenced to do that."

— WITH FILES FROM MICHAEL WOODS

HEALTH

Gender reassignment wait list a 'concern'

Increasing demand for gender reassignment surgeries has left a lengthy wait list in Ontario's only site that can approve patients for surgery covered by health insurance.

Catherine Zahn, president of the Centre for Addiction and Mental Health in Toronto, said the heightened public awareness of transgender issues may have partly caused the uptick in referrals.

There are approximately 970 patients on the waiting list for gender reassignment surgeries, and the facility is receiving up to 100 referrals per month, she said, though she wouldn't quantify just how much of an increase that marks.

With the recent media attention on Caitlyn Jenner and her Vanity Fair cover, Zahn said transgender people may feel more encouraged to come forward.

The Ontario Health Insurance Plan does not cover gender reassignment surgeries unless the patient is approved by CAMH.

But it can take months or years before CAMH can see patients for initial appointments.

Zahn said CAMH is looking to increase both the amount of assessments the facility can handle, and the amount of designated sites that can approve patients for the surgery.

Premier Kathleen Wynne said Thursday the wait times were "of concern," and said the Ministry of Health is aware of the problem.

The health-care system must be transformed to accommodate the amount of procedures needed by not only transgender people, but the aging Ontario population, she said.

Health Minister Eric Hoskins said in a statement that his ministry is looking into the issue and will announce plans to reduce the wait times. THE CANADIAN PRESS

Ontario Premier Kathleen Wynne, left, talks with media members at the Pan Am village in Toronto. THE CANADIAN PRESS

IN BRIEF

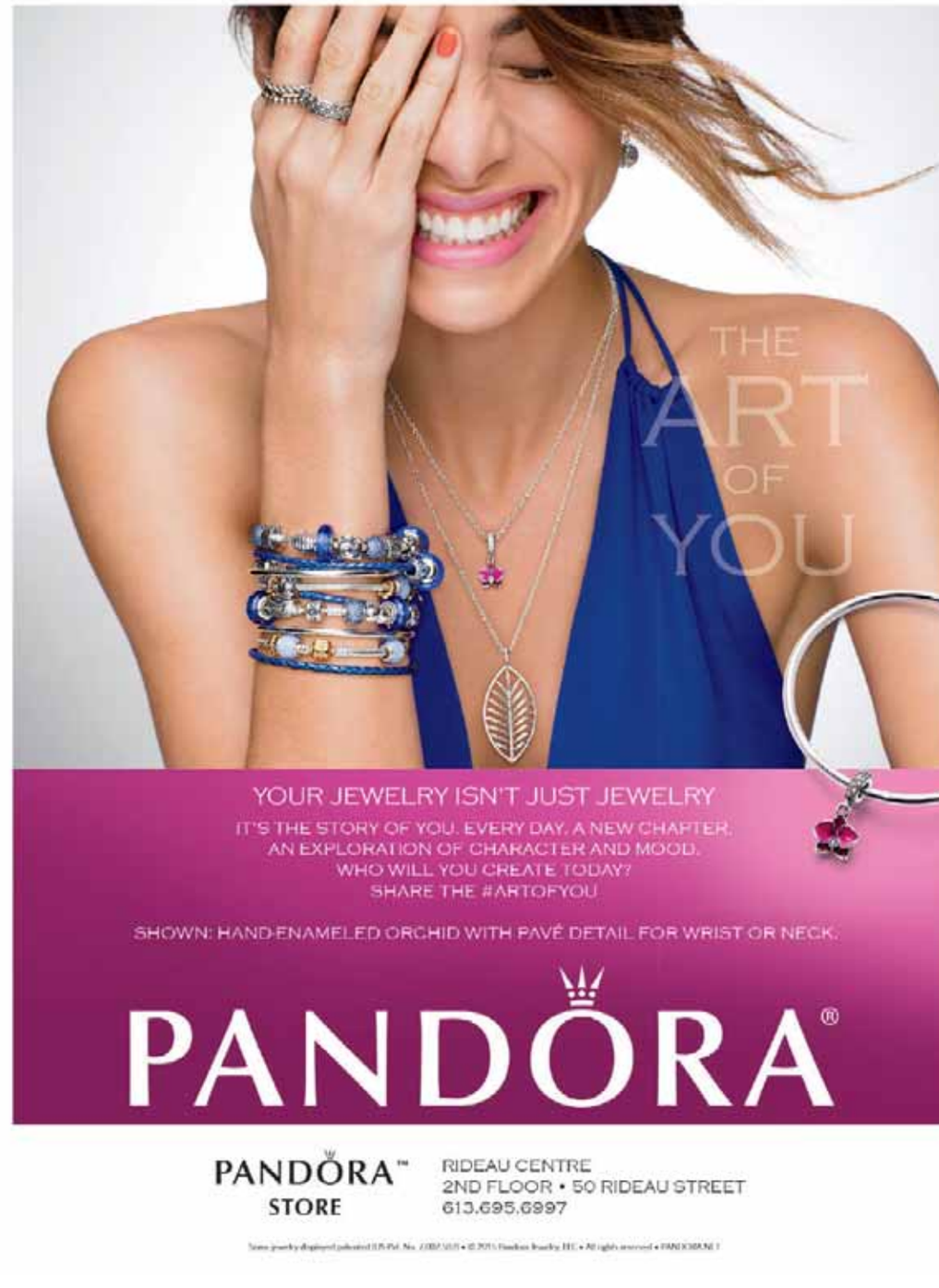
Police investigating Herongate shooting

Ottawa police are investigating a shooting Wednesday night near Herongate that left a car riddled with bullet holes and scattered shell casings throughout a parking lot.

Police say they got a call around 9 p.m. Wednesday after shots were fired in the Fairlea Crescent and Gore Private area.

Police found shell casings in the parking lot and later found a car that had been shot at in the block of 1900 Walkley Road. There were people in the car, and police say they have been co-operating with the investigation.

The guns and gangs unit has asked for witnesses to come forward. METRO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PREMIER

Wynne doc may air after all; TVO backed out over 'integrity'

A documentary about Ontario Premier Kathleen Wynne that was shelved amid questions about its depiction of a provincial byelection may see the light of day after all.

White Pine Pictures, the production company originally tasked with producing the project for TVO, says it's wrapping up negotiations with a broadcaster to air the hour-long film.

White Pine says it expects to air the documentary in the fall, but did not indicate which network is willing to show it.

TVO backed out of the picture last month citing concerns about its "editorial integrity" and the way a heated byelection in Sudbury, Ont., was being depicted.

Provincial police are investigating allegations that two Liberals, including Wynne's deputy chief of staff, broke bribery and corruption laws by offering a would-be candidate a job or appointment to step aside for their preferred candidate.

The Liberals deny the allegations.

A Toronto Star story that details the contents of the documentary says it shows Wynne criticizing and avoiding coverage of the issue.

> **The premier's office is not blocking the airing of the documentary and has arranged for all remaining releases to be signed to facilitate a prompt broadcast.**
> White Pine President Peter Raymont

The newspaper has reported that the premier's aides wanted to see the entire film before signing release forms and they were "alarmed by an apparent focus" on the Sudbury scandal.

TVO said it was told by White Pine Pictures that they did not obtain releases from several people in the documentary.

White Pine chastised the Star for posting a clip from the documentary online and alleged inaccuracies in the article.

"The editorial claims... are inaccurate," White Pines President Peter Raymont said in a statement.

"The premier's office is not blocking the airing of the documentary and has arranged for all remaining releases to be signed to facilitate a prompt broadcast."

Members of Wynne's staff had previously voiced some concern that the picture had departed from its original vision, but Wynne said Thursday that no one was standing in the way of a final release.

She dismissed suggestions that either she or her office were keen to block the production, adding she felt it was important to go through with the project despite the spotlight it would shine on her personal life.

THE CANADIAN PRESS

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Ontario

City councilors and National Capital Commission officials joined members of Just Food to launch the new farm project. KEVAN SHANTZ/FOR METRO

Just Food moves into NCC greenbelt

FARMING

Non-profit signs a 25-year lease on 150 acres of land

Haley Ritchie
Metro | Ottawa

This isn't the community garden in your local park — thanks to a lease from the National Capital Commission, Just Food farmers have found a home in Ottawa's greenbelt.

Last week, the farming non-profit signed a 25-year lease for 150 acres of the National Capital Commission's greenbelt land.

"This city-wide resource will support food and farming in Ottawa for decades to come," said Just Food board chair, Patricia Ballamingie.

The land is intended to be a producing farm, but it will also be a hub to educate residents on how food things are grown and re-connect them with agriculture.

"We are growing a new crop of farmers," said Bellamingie. "We have already begun to upgrade the soil through investments in tile drainage and soil amendments, to turn this land back into a working farm."

In order to restore the land, the organization is trying to crowd-fund $20,000 before the end of the year.

Just Food helps community farmers through their Start-Up Farm Program, described as a low-risk way for people interested in farming to get started with shared training and equipment.

The farm will help support the 19 different start-up farm businesses involved, including beekeeping and a permaculture food forest.

The new land will also support initiatives like Karen's farm, which connects refugees with farming opportunities and Operation Come Home, an organization working with youth-at-risk.

IN BRIEF

Mac-and-cheese fest coming to Ottawa

You've been to Ribfest, you've been to Poutinefest – but have you been to a mac-and-cheese festival?

Variations on the comfort food will be taking over the downtown Festival Plaza on October 2, the first festival of it's kind in the city.

"The possibilities are endless," said organizer Les Gagne.

Gagne said the festival will involve vendors, cooking demos, music and a whole lot of cheese. METRO

WHERE TO GO

Tech committee approves potty app

The panicked public potty pursuit may soon be no more, with plans for a new Ottawa app in the pipe.

On Thursday, the city's information technology subcommittee approved the creation of a new Where to Go app, which will reveal the nearest washrooms at hand, flush with reviews, photos and opening hours.

Staff will now gather data and create a design mock-up to bring before the finance and economic development committee for a second approval.

Given the city's aging population, number of families with young children and people with medical issues like Chron's disease, the GottaGo! Campaign — a group that advocates for more public washrooms in the city — has been pushing for this kind of app.

Once complete, Where to Go will be available on several platforms, including iPhone and Android. LUCY SCHOLEY/METRO

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A design of the $110-million renovations for the National Arts Centre. COURTESY OF THE NATIONAL CAPITAL COMMISSION

Arts venue to get a $110M facelift

ENTERTAINMENT

NCC board approves renos for National Arts Centre

Lucy Scholey
Metro | Ottawa

The National Arts Centre's brownish concrete facade will soon get a $110-million sleek, glass-front facelift.

On Thursday, the National Capital Commission's board approved the renovations for the prestigious theatre and arts venue.

Here's what's included in the new plan: a new north atrium with a glass-walled upper lounge and panoramic view of Parliament Hill, a much larger catering and events space (growing to 18,000 square feet from 7,500 square feet), and a revamped Fourth Stage to illuminate Elgin Street.

Plus, there will also be additional public washrooms and accessible ramps.

The goal is to complete the redesign in time for Canada's 150th anniversary in July 2017. Last December, the federal government agreed to spend $110 million on the project.

Also on Thursday, the NCC approved a new glass-enclosed multi-purpose floor on the 22nd storey of the Ottawa Westin Hotel on Colonel By Drive. This banquet floor will also boast a panoramic view of Parliament Hill.

The board also agreed to host public consultations on a new military commemoration plan that would see future memorials at the Canadian War Museum or Richmond Landing, while respecting the National War Memorial as the most prominent statue in the capital.

WITH FILES FROM JOE LOFARO

BACKGROUND

NAC's new facade

The principal architect is Don Schmitt of Diamond and Schmitt Architects, who also designed other high-profile projects, such as the Maison Symphonique in Montreal and the new Marinsky Theatre in St. Petersburg, Russia.

THEATRE

NAC keeps Keiley in the director's chair

Award-winning director Jillian Keiley will be at the helm of the National Arts Centre for another four years.

The Newfoundland native agreed to stay on as the English theatre's artistic director until 2020, the NAC announced on Thursday.

The upcoming 2015-2016 season will be Keiley's third with the English theatre.

"It took a year or so for me to really understand how the whole organization works and what we're capable of doing," she said from Charlottetown, P.E.I., where she was finishing rehearsal for Alice Through the Looking-Glass, the whimsical touring production in partnership with the Stratford Festival. "Now we're starting to cook with some really great projects."

Next season, she's bringing The Adventures of a Black Girl in Search of God, The December Man (L'homme de décembre), Anne & Gilbert and Twelfth Night — which she will direct — to the NAC. The lineup stems from theatre companies across the country, but Keiley said there are communities that have yet to grace the capital stage.

"I have to educate myself politically and know what's going on in all of those communities, but I still have to program artistically," she said, on the challenge of selecting a prime lineup representative of this vast country.

Keiley also has two theatre awards to her name: the Canada Council's John Hirsch Prize and the Siminovitch Prize for Directing.

LUCY SCHOLEY/METRO

> **Now we're starting to cook with some really great projects.**
> Jillian Keiley

A photo of a letter a Victoria man wrote asking for funds raised for him to go to charity instead. COURTESY WEST SHORE RCMP

Homeless man turns down $5K

VICTORIA, B.C.

Donations raised after he turned in $2K

Thandi Fletcher
Metro | Vancouver

A homeless man who captured the hearts of thousands when he found more than $2,000 on a suburban street in Victoria and turned it into police says he won't accept thousands of dollars raised in his name.

The Good Samaritan, who police said doesn't want to be identified, said he wants the nearly $5,000 in donations collected for him from people across Canada to instead go toward others in need. His only wish is to get help finding a job, police said.

Const. Alex Bérubé of West Shore RCMP, who took a special interest in the case, said he spent hours tracking down the man to tell him about the community fundraising effort underway to help support him.

"It's not easy tracking down a person of no fixed address and no phone," Bérubé said in a news release. "But I kept trying because I needed to tell him about how the community had rallied together to help him."

When he finally found him, Bérubé said he was surprised to hear the man ask for the funds to be donated to Our Place, a local community centre that helps the most vulnerable, and other food service providers for people in need.

Police asked the man to think about his decision overnight but when he returned to the detachment the next day, he stuck to his original request and put it in writing.

The mystery man first made headlines last week when police praised him for his honesty for turning in the large sum of cash he found stuffed in a suitcase on a street in the Victoria suburb of Langford because it was the "right thing to do."

Mike Kelly, founder of the media website Victoria Buzz, who was moved by the man's selflessness and started the fundraising effort, said he will ensure the funds are donated to Our Place and other appropriate groups and is spearheading efforts to help find the man work.

"I'm going to do everything I can to help find him a job that fits his personal situation, and will hopefully move him closer to overcoming his current challenges."

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Vancouver police board to hear complaint about pot dispensaries' enforcement

The Vancouver Police Board will formally consider a complaint alleging its police department is failing to enforce the law against medical marijuana dispensaries.

The board sent a letter to Pamela McColl, the executive director of Smart Approaches to Marijuana Canada, confirming it will hear her complaint at a Sept. 17 meeting.

McColl claims police have failed to uphold Canada's drug laws and allowed the illegal pot shops to flourish, profit from crime and threaten public safety.

THE CANADIAN PRESS

CAMPAIGN

GoHere: For those who've really gotta go

If you have Crohn's disease or colitis, when you've got to go to the bathroom, you've really got to go.

For people with one of these two related diseases, that panic-inducing urgency can hit as many as 20 times a day, making finding the nearest unlocked washroom their No. 1 priority.

A new campaign spearheaded by Crohn's and Colitis Canada aims to open up doors that are often locked or off-limits to all but customers of a restaurant, or the tenants of an office building.

The campaign, directed at business owners and municipalities, is aptly called GoHere.

Jennifer Wakeford is an event planner in Calgary who has been living with Crohn's for 12 years. She knows firsthand how badly needed this program is.

"Unlike your average individual, there's no notice.... I don't have a lot of time to pick a place to go or go somewhere where I'm comfortable. Oftentimes I just need to find the closest washroom," explains Wakeford, 33.

That can involve pleading with businesses to let her have access. The fact that people with Crohn's and colitis don't look sick can add to the awkwardness.

"I have to explain myself... Begging is not necessarily the right term. But you have to overshare in order to gain access," Wakeford says.

Canada has the highest rate of people with Crohn's and colitis in the world; it's estimated a quarter-million Canadians live with one of these conditions.

"This is such an important thing for us to do," Mina Mawani, president and CEO of Crohn's and Colitis Canada, says of the GoHere program.

Mawani was in Calgary on Thursday to launch the campaign with Mayor Naheed Nenshi, who announced municipal buildings will take part.

Work is underway to expand the program to the Ontario cities of Barrie, Mississauga and Ottawa. THE CANADIAN PRESS

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FUNDRAISING

HarperPAC 'matter of self-preservation'

It's hardly a surprise to see political organizers on the right side of the political spectrum pushing back against union-financed third-party groups on the left, says a former adviser to Prime Minister Stephen Harper.

Tom Flanagan, a retired University of Calgary political science professor, said he's hopeful that HarperPAC, the newest entry, will help to offset the pre-writ advertising efforts of its left-leaning counterparts.

"I think it is a matter of self-preservation for the Conservatives to be able to fight back," Flanagan said Wednesday.

HarperPAC, the brainchild of a team of Conservatives, launched earlier this week with an appeal for help from politically-minded Canadians who support Conservative values.

> **(Canadian PACs) aren't going to get big bucks.**
> Tom Flanagan

Former chief electoral officer Jean-Pierre Kingsley fears Canada is going down a path similar to the U.S., where political action committees, or PACs, raise untold amounts of money to influence political outcomes.

Flanagan said he doesn't believe that PACs in Canada will ever reach the scales they have in the U.S.

Their Canadian counterparts "aren't going to get big bucks," he said.

THE CANADIAN PRESS

INTERNATIONAL TRADE

We must join dairy, poultry deal: PM

Prime Minister Stephen Harper says Canada will defend its supply management system for dairy and poultry while still pursuing one of the biggest trade deals in history.

Harper made the comments after a government spokesman denied a report suggesting the Trans-Pacific Partnership could destabilize the system that governs how dairy products and poultry are sold in Canada.

"I believe these negotiations are going to establish what will become the basis of the international trading network in the Asia Pacific. It is essential in my view that Canada be part of that," the prime minister told a news conference Thursday.

"At the same time, we are working to protect our system of supply management and our farmers in other sectors."

A Globe and Mail report quoted unidentified officials as saying Harper is resolved to sign the TPP even if it means a surge in imports of duty-free poultry and dairy products.

American negotiators want to pry open the tightly controlled Canadian dairy system that offers protection for the domestic industry, but results in higher prices at the grocery store and fewer foreign offerings.

THE CANADIAN PRESS

IN BRIEF

Complaints about English result in online threats

The mayor of a predominantly francophone city near Montreal says she won't be bullied after receiving threats over online comments she made about an opposition politician using English during council meetings.

Caroline St-Hilaire posted on Facebook Thursday that she's received more than 800 Facebook comments related to a June 23 post complaining about the use of English during Longueuil council meetings.

THE CANADIAN PRESS

New baby girl was part of takeout at restaurant

A restaurant manager in Saskatoon delivered more than just food after a customer went into labour.

Staff at Montana's say a couple came into the eatery Wednesday night to pick up a takeout order and the woman went into labour.

The manager on duty helped deliver a baby girl and paramedics arrived to cut the umbilical cord. The couple says they are probably going to name the baby Montana.

THE CANADIAN PRESS

Disgraced former Conservative politician Dean Del Mastro, 44, accompanied by his wife Kelly, speaks to reporters outside court in Peterborough, Ont., on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

Ex-Tory MP jailed for campaign fraud

ELECTION LAW

Del Mastro to serve month in jail, can't run for office

A former member of Parliament who spoke for Prime Minister Stephen Harper when it came to electoral-fraud allegations was sentenced Thursday to one month in jail and barred from running for office for five years for cheating during an election campaign.

Dean Del Mastro deliberately broke spending rules then tried to cover up his crime, said Superior Court Justice Lisa Cameron, who ruled that incarceration was appropriate for the first-time offender.

"He was prepared not only to break the rules but to be deceitful about it," Cameron said. "This type of cheating and lying will result in serious sanctions."

Cameron convicted the former Conservative MP for Peterborough last fall of violating the Canada Elections Act during the 2008 federal election.

> **This type of cheating ... will result in serious sanctions.**
> Justice Lisa Cameron

She found he had knowingly exceeded spending limits, failed to report a personal contribution of $21,000 to his campaign, and submitted a falsified document.

Del Mastro, 44, has already filed an appeal of the conviction and was to apply for bail at a hearing Friday.

He was led away for processing before being taken to a jail in nearby Lindsay.

Once Harper's point man defending the Tories against allegations of electoral fraud, Del Mastro has maintained his innocence.

Del Mastro resigned his Peterborough seat in the House of Commons, where he had been sitting as an Independent since being charged, shortly after his conviction.

THE CANADIAN PRESS

SLOW RESPONSES

Access to information may take years

It's been said the wheels of justice turn slowly, and a new look at Canada's creaky access-to-information system appears to bear that out.

According to data collected as part of a Liberal question in the House of Commons, Justice Canada is the federal department with the longest running, active access-to-information request — an unfulfilled inquiry that dates back more than six years.

Under the Access to Information Act passed by Parliament, departments are supposed to respond to requests for government records within 30 days, although in practice long delays have become routine.

Liberal MP David McGuinty placed a question on the House of Commons order paper seeking a list of the five oldest access requests in each government department, agency and commission.

The results are a blast from the past.

Justice Canada, with two outstanding requests from 2009, including one from Jan. 23 that year, was the lead laggard — but hardly alone in having a docket of very slow responses.

Environment Canada, Finance, Health, Public Works, Parks Canada and the Privy Council Office all show active access requests dating back to 2010.

"My first reaction was: information delayed is information denied," McGuinty said.

"The length — some of these going back as far as six years, almost seven years — it's laughable."

Combined with rampant redactions of material when it is finally released, McGuinty said the system is being used to suppress information rather than access it.

That's simply not the case, countered Stephanie Rea, a spokeswoman in the office of Treasury Board President Tony Clement, who oversees the access system.

"The overall trend is that the access-to-information program is managing increased demands for access to information well," Rea said in an email.

She pointed to a nine per cent increase in requests in 2013-14, with 61 per cent of all information requests completed within 30 days.

THE CANADIAN PRESS

Muslim comic Dean Obeidallah at a news conference in New York City on June 25. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Filmmakers sue over N.Y. subway ads

NEW YORK

Promotion for film showing Muslims as regular people

Two Muslim filmmakers have filed a lawsuit against the operator of New York subways claiming the agency rejected their advertisements under a rule that prohibits disputed political views. They argue the ads have nothing to do with politics.

In a lawsuit filed Thursday in Manhattan federal court, Negin Farsad and Dean Obeidallah claim the Metropolitan Transportation Authority is violating their First Amendment right to free speech. The two created the advertisements to help promote their 2013 film, "The Muslims Are Coming." They say the overall message of both the ads and the film is "that American Muslims are ordinary people."

Farsad and Obeidallah said they paid the MTA nearly $15,000 to run the ads, which they were told would be put up in 140 subway stations in April. When the ads didn't go up on the scheduled date, they called the MTA but didn't hear back for several days — until they were told the ads would violate a policy that went into effect in the interim, which bans ads that are "political in nature."

Glenn Katon, their attorney with the civil rights group Muslim Advocates, said the two "had a constitutional right to post the ads under the old policy."

MTA spokesman Adam Lisberg said the agency had not yet been served with the lawsuit.

The ads include, among others, the phrases: "The Ugly Truth About Muslims: Muslims have great frittata recipes" and "Muslims! They invented coffee, the toothbrush and algebra... Oh wait, sorry about the algebra. That's a year of class you'll never get back."

"It's comedic," Obeidallah said. "What's political about saying 'Muslims like frittatas' or have great frittata recipes?"

THE ASSOCIATED PRESS

NEW JERSEY

Family flees, sues after creepy letters

A couple who says they were scared away from their new $1.4 million US home because of creepy letters from a stalker has sued the sellers for not telling them about a person with a "mentally disturbed fixation" on the house.

Derek and Maria Broaddus said the former owners of the home in Westfield, New Jersey, west of New York City, should have warned them of the person who signs the letters as "The Watcher."

The letter writer claims to have been controlling the house for two decades and that former owners John and Andrea Woods sold it because "it was their time to move on and kindly sold it when I asked them to," according to the lawsuit filed this month.

"Do you need to fill the house with the young blood I requested?" one letter reads, according to the suit. "Once I know their names I will call to them and draw them too (sic) me."

The lawsuit also names an insurance company and settlement company as defendants. Officials from the companies didn't immediately return calls for comment.

The Broadduses say they would never have bought the house if the sellers had warned them about the letter writer. They are now attempting to re-sell the house "as they are unable to live in the home without extreme anxiety and fear for their children's safety and wellbeing," according to the lawsuit.

The suit says they are having a hard time selling because of the letters.

They want the former owners to refund them the purchase price and pay punitive damages.

THE ASSOCIATED PRESS

CANADA Celebration SALE
48 MODELS ALL FACTORY FRESH
ALL WITH THE BEST SERVICES & GUARANTEES
KINGSDOWN EURO TOP
BEST IN ITS CLASS
A weekly sellout
TWIN SET $649 $338
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Made with pride in Ontario
Beautyrest HI LOFT PILLOW TOP
'Evolution' pocket coils. Full foam encasement. Premium low-emission foam. Triton boxspring.
QUEEN SET $1799 $697
✓ 120-night comfort guarantee
✓ 10% lowest price guarantee
✓ No deposit, no fee payment plan
✓ Fast free delivery and setup
Mattress Mart.ca
where better sleep begins
5 BIG LOCATIONS
TONIGHT TILL 9
SATURDAY 9-6
SUNDAY 11-5
60 COLONNADE RD. SUPERSTORE & WAREHOUSE
KANATA SUPERSTORE ACROSS FROM SOBEY'S
ORLEANS SUPERSTORE 10th LINE
ST. LAURENT BLVD. AT THE 417
GATINEAU BESIDE TOYS R US

Bootleg booze and pork amid Saudi revelations

WIKILEAKS

Leaks include the passport number of Hillary Clinton

WikiLeaks' publication of more than 60,000 Saudi documents has set pens racing across the Middle East with disclosures about the secretive Arab monarchy's foreign affairs. But lost amid the torrent of revelations are offbeat memos showing the underbelly of Riyadh's diplomacy, including candid accounts of booze runs and pork smuggling.

Among the revelations you may have missed:

It's illegal to drink, sell or possess alcohol in Saudi Arabia, which follows an ultraconservative interpretation of Islamic law, but foreign embassy staffers took advantage of their diplomatic immunity to go on liquor runs to neighbouring Bahrain, where the sale of alcohol is legal. Memos published by WikiLeaks describe their unsuccessful attempts to sneak the booze into the kingdom in amusing detail.

On Jan. 18, 2013, Saudi customs officials stopped a Mexican diplomat driving back from Bahrain with "several big suitcases" in his car trunk containing no fewer than 102 bottles of whisky and 48 cans of beer, according to one undated memo. On Feb. 2, 2012 an Azeri diplomat was stopped at customs with 28 bottles of whisky hidden in socks inside his car. That same day, customs officials stopped an Italian diplomat whose car had a taped-up hole cut into the back seat, according to two other Saudi memos.

U.S. Secretary of State Hillary Clinton in a news conference with Saudi Foreign Minister Prince Saud al-Faisal in Riyadh, Saudi Arabia, March 31, 2012. BRENDAN SMIALOWSKI/THE ASSOCIATED PRESS

> **It proves the theory that Saudi foreign policy is at least in part sectarian and seeks to contain Shiism and not just Iran.**
> Toby Matthiesen, author and research fellow

Diplomats also sought to skirt Islam's prohibition of pork. A March 17, 2012 memo describes a Chinese diplomat's attempt to sneak 30 kilograms of ham into the kingdom in the trunk of his car.

It comes as no surprise that Sunni Saudi Arabia, which views Shiite Iran as its greatest regional rival, would take an interest in the spread of Shiite Islam. But some observations go into a startling level of minutiae.

Saudi diplomats are careful to estimate, for example, how many Eritrean students are studying abroad in Iran (40) and the number of Shiite Muslims in Mauritania (50,000). They were also concerned when a public debate was held between Shiite and Sunni Muslims near the Philippines' Al-Dahab mosque in Manila. Even though Shiites make up less than 1 per cent of the Muslim population in the Philippines, a memo dated Feb. 4, 2010 appears to express alarm that the religious minority's message "managed to get out of its secretive circle to the public."

"It is obsessive," said Toby Matthiesen, the author of a book about religious politics in Gulf Arab states and a research fellow at the University of Cambridge. "It proves the theory that Saudi foreign policy is at least in part sectarian and seeks to contain Shiism and not just Iran."

Among the torrent of private information leaked by the website is Hillary Rodham Clinton's passport number, included in a memo concerning a March 2012 visit to the U.S. Embassy in Riyadh.

WikiLeaks' trove of Saudi diplomatic documents includes a large amount of bureaucratic documentation and sensitive personal information, including sick leave reports, death certificates and hospital records. One document included in the haul details a 17-year-old's treatment for life-threatening medical problems. Another is a report describing severe leg injuries suffered by a 24-year-old at King Khalid Hospital in northeastern Saudi Arabia. A third describes the proposed treatment for a child with encephalopathy in the Czech Republic.

WikiLeaks spokesman Kristinn Hrafnsson did not immediately return an email seeking comment on the documents.

THE ASSOCIATED PRESS

BACKGROUND

Riyadah likes leaks — as long as they are not Saudi

A memo addressed to a senior diplomat in 2011, several weeks after WikiLeaks released thousands of U.S. State Department cables, suggests the Saudis sifted through the American documents and read them too.

THE ASSOCIATED PRESS

FRANCE

Trial on for baby killings

A French woman went on trial Thursday accused of suffocating eight of her newborns, after she told investigators that she feared they were children of a long, incestuous relationship with her father.

Dominique Cottrez, 51, stands accused of multiple counts of first-degree murder of minors. She faces life in prison if found guilty by a jury in the northern city of Douai.

The worst infanticide case in modern French history stunned the country when the bodies were discovered in and around the Cottrez' village home in 2010.

Cottrez, who has two grown daughters, told investigators that over more than a decade, she carried several babies to term and then killed them. Cottrez' obesity appeared to hide the pregnancies, which went unnoticed by her husband, children, neighbours, colleagues and even doctors at a nearby hospital.

Dozens of forensic and psychiatric experts, police investigators and witnesses, including her husband, daughters and siblings, are scheduled to testify.

A withdrawn, secretive nurse's aide, Cottrez told investigators she was raped by her father, first when she was eight and repeatedly through her childhood and teenage years, according to judicial documents. She later entered a long, incestuous relationship with him as an adult, including after she married, and said that it became consenting — and even said she was in love with her father more than she was with her husband.

Her father died in 2007.

One of the first witnesses called to the stand Thursday is Leonard Meriaux, who bought the Cottrez family house and discovered the first corpse in the garden in 2010. He called police, who found another in the garden and six more in the garage of the house.

Investigators soon turned their suspicions to Cottrez, who quickly confessed. She told the investigating judge that she had never used contraception or had an abortion because of a phobia of doctors. She also said she did not keep the babies because she was afraid that they were the results of her incestuous relations with her father. She said the killing had become a "means of contraception," according to the judicial documents. The verdict is expected next Thursday.

THE ASSOCIATED PRESS

EUROZONE

Greek debt bailout talks fail again

A key meeting of eurozone finance ministers broke up without agreement on Greece's rescue package on Thursday, intensifying doubts about whether Athens can make a crucial debt payment due in just a few days.

Lower-level negotiations will continue and a new meeting of eurozone finance ministers is tentatively scheduled for Saturday.

Finance ministers from the 19 nations using the euro currency failed to bridge differences over the kinds of reforms that Greece's radical left government must implement to qualify for billions in new loans.

It was the latest in a series of negotiating road blocks, and a major setback since there had been hopes to reach a deal in time for European leaders to approve it at a summit later in the day.

"Eurogroup back later, but not today," Finland's finance minister, Alexander Stubb, tweeted as the talks broke up.

THE ASSOCIATED PRESS

IN BRIEF

Greek immigrant's children granted nationality

Greece has adopted legislation granting nationality to children of foreign nationals living in the country, provided they attend or have attended school in the country. Lawmakers approved the draft legislation Thursday, marking a rift in the country's governing coalition. The minority partner, the populist, right-wing Independent Greeks party rejected the bill submitted by the radical left Syriza party.

THE ASSOCIATED PRESS

U.K.

Racist machete attacker convicted

A man who attacked a Sikh trainee dentist with a machete in a racist assault intended as revenge for the slaying of a British soldier by Muslim extremists was convicted Thursday of attempted murder.

Zack Davies struck Sarandev Bhambra in the head with a 30-centimetre blade in a supermarket in Mold, Wales, in January. Witnesses said they heard Davies shout "white power" and "this is for Lee Rigby."

Rigby was run down with a car and stabbed to death in a London street in May 2013 by two men inspired by Islamic extremism.

A former soldier, Peter Fuller, managed to get between Davies and his victim and stop the attack.

Bhambra, 24, suffered what prosecutors called "life-changing" injuries.

Prosecutors said white supremacist material was found at Davies' home.

THE ASSOCIATED PRESS

A Colombian Red Cross volunteer holds one-year-old Yudier Moreno as he and his mother are flown by helicopter for medical treatment to Quibdo, Colombia. CONTRIBUTED/COLOMBIA AIR FORCE

Mother, baby found in jungle

COLOMBIA

Rescuers find survivors four days after plane crash

A woman who survived a plane crash with her months-old baby, drinking water to stay alive, was finally rescued after four days lost in the jungle, Colombia's air force and rescuers said.

Maria Nelly Murillo and her child were aboard a twin-engine Cessna that crashed Saturday in a remote area of western Colombia shortly after taking flight from the city of Quibdo, the air force said.

The pilot was killed, but rescuers said a heavy load of fresh fish in the cabin absorbed much of the crash impact, allowing Murillo and her son to survive against the odds.

She forced open the cabin door and climbed a hill to get away from the aircraft, which she feared might explode, the air force reported.

Apparently disoriented, she wandered in the jungle carrying her child, surviving on coconut water and trying unsuccessfully to trap rodents for food, said Acisclo Renteria, the Red Cross volunteer who eventually found her, speaking to The Associated Press from Quibdo.

Searchers reached the plane two days after the crash but found the two passengers missing. The air force said it sent out a helicopter with a loudspeaker urging the woman to return to the crash site, and Renteria said a team of about 40 people began to search for her.

As rescuers began to lose hope, Renteria said he spotted a buzzing circle of flies hovering over something on the ground. As he approached, Murillo began to shout for help and attempted to get to her feet in a state of near-starvation and apparent shock.

> **I thanked my little God for allowing me to save these two people.**
> Red Cross volunteer Acisclo Renteria

During the next four hours, while waiting for an air lift to arrive, rescuers administered Murillo first aid and fed her water and crackers. Renteria said he stayed with the baby.

He said a grateful Murillo asked him to be the boy's godfather.

The 38-year-old rescuer, who is unemployed and displaced from his hometown by violence stemming from Colombia's long-running conflict, said he saw the success as a blessing.

THE ASSOCIATED PRESS

NORTH CHARLESTON

Masses mourn shooting victims

A choir and band launched into a gospel tune and roused hundreds of mourners from their seats Thursday in a crescendo of music at the first funeral for victims of the massacre at a historic black church.

Police officers stood guard and checked bags as mourners filed in for the funeral, which was held as the debate over the rebel Confederate flag and other Old South symbols continued.

A monument to former Confederate president Jefferson Davis had the phrase "Black Lives Matter" spray-painted on it Thursday in Richmond, Va., the latest of several monuments to the secessionist, pro-slavery Confederacy to be defaced.

Nine Emanuel African Methodist Episcopal Church members were killed when a gunman walked into a Bible study June 17 and opened fire in a racially motived attack.

The suspected gunman, Dylann Storm Roof, had a Confederate licence plate, and images on a website created in his name months before the attacks show him posing with the flag and burning and desecrating the U.S. flag.

THE ASSOCIATED PRESS

OC Transpo
YOUR ROUTE MAY TAKE A NEW ROUTE STARTING JUNE 28
VIEW ROUTE CHANGES AT ONTRACK2018.CA
OUR TRANSIT FUTURE IS ON TRACK
ON TRACK 2018
OTrain

IN BRIEF

Lululemon issues recall of over 300,000 tops

Lululemon is recalling about 318,000 women's tops, saying the hard-tipped elastic draw cords can snap back and injure the face or eyes of a wearer. The U.S. Consumer Product Safety Commission said the tops have an elastic draw cord with a metal or plastic tip in the hood or in the neck area. The agency says seven people have reported injuries. About 185,000 tops were sold in Canada from January 2008 to December 2014. THE ASSOCIATED PRESS

Air Canada adds new U.K. flight destination in 2016

Air Canada and WestJet are taking their domestic rivalry to London with both companies now adding flights to Gatwick Airport next year. The country's largest carrier, which already flies to Heathrow Airport from eight Canadian cities, announced Thursday it will add flights from Toronto to Gatwick on its leisure subsidiary Rouge next summer. THE CANADIAN PRESS

market minute

DOLLAR
81.15¢ (+0.50¢)

TSX
14,897.50 (-50.01)

OIL
$59.70 US (-$0.57)

GOLD
$1,171.80 US (-$1.10)

NATURAL GAS: $2.850US (+9.1¢)
DOW JONES: 17,890.36 (-75.71)

The cooks of the Teppanyaki Grill at The Real Canadian Superstore located in Mississauga. Loblaws is tinkering with the idea of making shopping at discount Superstores feel like a premium experience, without the premium price. CARLOS OSORIO/TORONTO STAR

Revamped superstore expands food options

CONSUMERS

Loblaw-owned store aims to be a premium one-stop-shop

When it comes to discount grocery stores, saving money often means a warehouse setting, indifferent lighting and lacklustre fresh-food offerings.

Loblaw Companies Ltd., owner of various grocery and Shoppers Drug Mart stores across the country, is challenging that idea with a newly renovated pilot store in Mississauga, Ont., re-opening on Friday, bringing an elevated shopping experience to a Real Canadian Superstore.

"Retail is as much about evolution as anything. If you stay in any one place for too long, you'll be overtaken," said Andrew Iacobucci, president, discount division, Loblaw Cos. Ltd.

The Real Canadian Superstore at 3050 Argentia Rd. in Mississauga, renovated over six months, has a roasted nut and dried fruit counter; a wider variety of ingredients used in Middle Eastern and Asian cuisine; an aisle of rice in large-format sizes; and it carries Parle-G, a popular cookie manufactured in India.

The move is meant to serve the area's growing diverse population. In-store features include:

Seafood & fish

To the left of the main doors are 28 feet of fish and seafood on ice. Beside that, 18 clear tanks are filled with live sea food and fish, including Barramundi, jumbo lobster, Dungeness crab, mussels and clams. The tanks are digitally filtered and temperature controlled. Seafood is a popular ingredient in Asian cuisine, and the new store configuration adds 25 per cent more space to the category. The first day after the seafood section re-opened the store did a week's worth of sales, said Iacobucci.

Veggies on a stage

Fresh is the star of the newly renovated superstore, beginning with fragrant cilantro inside the main doors leading into an abundantly stocked produce section lit up like a stage, featuring bitter melon, durian and fresh curry leaves, along with more routine fare. More than 700 items have been added to the fresh selection, which includes fruit, vegetables, seafood, meat, baked goods, take-out meals and sushi.

Teppanyaki Grill

Never shop on an empty stomach, personal finance advisors say. Now customers won't have to. They can buy T&T sushi to eat in-store or at home, or watch as a chef puts together a hot meal at the Teppanyaki grill. They can pick veggies, noodles or rice, a protein (beef, chicken or shrimp), and then the chef will chop and cook it on the spot.

The full shop

Other in-store features include a pita bakery, cosmetics, a wine shop, a dry cleaner, a pharmacy, a doctor, a gym, an expanded Joe Fresh section, baby products, home wares and electronics. TORSTAR NEWS SERVICE

TIM HORTONS

Eh-mojis celebrate Canada

Just in time for Canada Day, Tim Hortons has launched a Canadian "Eh-moji" keyboard in the iTunes App store featuring 12 symbols that any true hoser would be proud to text.

The free keyboard features Canuck symbols including a maple leaf, beaver, Muskoka chair, barbecue, heart-shaped flag, moose, toque, fireworks, Inukshuk, "Eh" in English, "Tsé" in French, and, of course, a Tim Hortons cup.

Tim Hortons' new EH-mojis. COURTESY TIM HORTONS

It is a smart bit of patriotic digital marketing, and the company also wants feedback as to what might be missing. Using the hashtag #textlikeaCanadian, the company would like people to suggest additions that will be added in software updates, starting on July 1.

Emojis — Tim's Canadianizes with an H as "Eh-moji" — are an evolution of the smiley, that electronic texters can add to their communications in place of words or for emphasis.

"As Canadians, we have a unique way of expressing ourselves," said Peter Nowlan, chief marketing officer at Tim Hortons.

"We set out to create a set of emojis that personified our great country by capturing some of the things that make us unique. and are recognized around the world, starting with the name of the keyboard itself."

Canadian Android users shouldn't feel left out for too long. The Android version hits the Google Play store on Monday, June 29. TORSTAR NEWS SERVICE

HELP WANTED
Building Restoration Mechanics and Foremen
BROOK Restoration
2275 Stevenage Dr., Unit #2, Ottawa
613-248-8887
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TECHNOLOGY

Person-to-person payment apps change how users split their bills

On a trip to Maine with four friends, Alexander Culbertson racked up $1,300 on gas, hotel rooms, food and drinks.

But instead of splitting all of the weekend's activities evenly throughout the trip, one person paid for everything. Then, later they all split the final bill using Venmo, an app that lets users pay with a tap and a text-like message.

"It would have been a nightmare for all of us to evenly split every transaction," says Culbertson, 26, a Boston advertising executive. "If you say, 'I'll grab beer and you grab the groceries,' things usually don't come out as planned. This kept things easy."

Person-to-person mobile payment services like PayPal-owned Venmo are catching on as a way to bypass searching for an ATM or splitting a bill on multiple cards when the dinner check comes. And they're particularly popular among millennials, a generation that seems to have their own way of doing everything.

For Dan Callahan, 22, a digital marketing manager in Philadelphia, using Venmo means avoiding the awkward situation of nagging his roommate for rent since you can request payment via the app.

"I write the checks or pay online for our rent, utilities, and anything else, and at the end of each month, I total it all up and he sends me half," Callahan said. "And it's all free. Beats having to get ATM charges from my bank and dealing with cash!"

The services also are growing quickly: Venmo is seeing four times the growth this quarter as it did last year. The service processed $2.4 billion in transactions in 2014 and $1.3 billion last quarter alone. Similar services abound, including Snapcash on Snapchat and Square's Cashtags which can be used via tweet or text. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
WEEKEND, June 26-28, 2015

THE KOHLER REPORT: ON MAGICAL CONDOMS

Not until recently was there a product that could fall under the category of awkward technology.

We've all heard of good technology (penicillin), bad technology (automated checkout counters), but not until recently was there a product that could fall under the category of awkward technology.

Case in point: Three students from the U.K. won a top prize at the TeenTech Awards this week for a "smart" condom that changes colour or glows upon detection of a sexually transmitted infection. While the new prophylactic, cleverly named the S.T. EYE, would certainly be a boon for our physical health, my neurotic side has a lot of questions as to how this would actually play out. It's embarrassing enough when you're on a date and you realize you have something stuck in your teeth, imagine instead it's a disease stuck in your genitals.

Condoms are already one of the most awkward parts of having sex: from the look the woman at the pharmacy gives you when you buy them ("Getting lucky tonight, eh?"), to the impossibility of finding a place to keep them that doesn't look too organized or too much like you have no idea where a condom could be because it's been that long, to the dreaded moment of application, when for a few seconds the Jeopardy! tune starts playing. Now imagine the tune ending with Alex wryly announcing, "What is Chlamydia?"

Please note: while condoms are used by a plethora of people of many different sexual orientations, I will be using examples about heterosexuality, as that is what I know best. Okay, fine, it's all I know, I'm boring.

What would the parties to an already fraught encounter be thinking and feeling should one of these magical condoms indeed glow or change colour? While a Lord of the Rings fan might deduce that orcs are nearby, others might be more upset. The guy would be freaking out like, "Oh my God, what is it? Who was it? I guess that explains the tingling." And the girl would be like, "Would it be rude if I left right away, or should I pretend to cuddle for a while and sneak out when he's sleeping?"

It seems a titch unfair that testing only goes one way. Great, the girl knows the guy's clean, but who's testing the girl? There should be sensors on both sides of the latex, though by the time the guy found out the girl was packing a virus, it'd be a little late.

It's no surprise that the S.T. EYE was invented by a trio of 13- and 14-year-old science nerds. I'll wager none of them have yet encountered a condom, except maybe in health class, where, if their experience was anything like mine, they watched in an atmosphere of awkwardness and zero eye contact as their gym teacher unfurled, with disquieting competence, an expired Lifestyles onto an overripe banana. Should you ever find yourself in possession of an S.T. EYE, and you put one on a banana and the S.T. EYE changes colour, do not eat it. ("This tastes clappy.").

I'll admit this product could help a lot of people, especially hypochondriacs and sex workers. Safety in the workplace! But, let's face it, if a guy has chlamydia or gonorrhea, it might be a sign that he prefers to skip the condom. So remember, unless you're in a committed, blood-and-swab-tested relationship, "no condom" should glow just as bright to you as an S.T. EYE.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

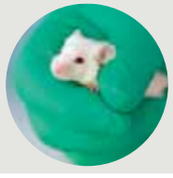
Happy face/Sad face

From **malicious monks** to a **letter of love**, Metro weighs in on the news making headlines this week

Clap for the power of science

After 50 years of failed science in this area, researchers at Harvard have hit on a promising experimental chlamydia vaccine — and figured out why the last one went so wrong. The study, using mice, showed that live bacteria are key to immunity. Even better news for the needle-phobic: the vaccine is a nasal spray. (It beats other STI-control methods we could name; see the Kohler Report above).

SOURCE: THE VERGE



Edmonton bachelor party gone bad

An Edmonton neighbourhood was stunned when 10 young men with nylons over their faces and brandishing (foam) baseball bats barged into a home and snatched the occupant. Six neighbours called the police, who responded with guns drawn and a chopper overhead. They chose not to lay charges against the men, who were guilty of "kidnapping" a groom for his bachelor party. SOURCE: VICE

Mock monks make a move for money

Buddhists in Ottawa are warning the public that panhandling is not a part of their faith. Stony-silent men with shaved heads, dressed in the flowing robes of Buddhist monks, have been accepting cash in exchange for trinkets from people downtown. It's "the easiest fraud you can to detect," said one local Buddhist. "If you give them money and they accept, then they are not monks." SOURCE: CBC.CA

Lovesick man makes a painterly plea

The Internet dissolved into tears this week after one man took to Weibo — a Chinese-language analog of Twitter — with a single, plaintive question: Does status matter if two people are in love? That's what the painter and decorator wrote in a viral letter to the disapproving mother of his university-educated girlfriend. No word yet on the mother's response, though it really should be positive: The young artist also promised not to borrow money. SOURCE: BBC.COM

ROSEMARY WESTWOOD

metroview

Mother Canada is flashy, substance-free patriotism

Your thank-you card is in the mail, Parks Canada.

Without you — and the 10-storey statue you're proposing to help erect in a national park — I would have never known Mother Canada.

So this must be the motherland? Guess I missed that social studies lesson on sexist nationalist symbolism.

Silly, I know, but I would never have thought to memorialize our war dead buried abroad by building a statue of a giant woman.

And, you know, Mother Canada sure doesn't look like I'd expect.

She's a sombre figure, draped in a cloak, standing at the edge of the Atlantic with arms outstretched to welcome us all into her bosom. From what I know of women's war effort, it was a little more "welding in munitions factories." A little less "uselessly standing on a rock." I think they might have even worn pants.

But I get it now — she's an echo of more patriarchic times. Our answer to Mother Russia and American gargantuanism. Our knock-off Lady Liberty.

Definitely the best $60 million (in mostly private funds; more on that later) spent on veterans issues. Even better than the $700,000 the government has used to fight veterans upset over benefits delays.

You know, I've walked along Vimy Ridge, beneath the incredible monument where the original Mother Canada stands (also called Canada Bereft, a name notably lacking in femininity). But I don't remember her. I remember imagining the soldiers in that battle, and standing among rows of white tombstones in the green grass of a small cemetery nearby, one of many that dot the countryside.

France is a trek, so I can see why you'd want to bring Mother Canada closer (and bigger!) for all 35 million of us — by putting her in a national park on Cape Breton, population 147,000.

I have a little suggestion, though: Since we're so angsty about upping nationalistic pride, maybe we could do more to get people out to Remembrance Day ceremonies? I think they're less well attended these days than mac and cheese festivals.

Never mind the fact that Parks Canada's own employees argue that the monument violates the site's wilderness-zone designation, or the fact that Parks Canada gave $100,000 in public money to the organization behind the project. It's a good thing we're getting Godzilla — sorry, Mother Canada. Now I know that we Canadians really do go in for that flashy, substance-free patriotism stuff.

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Taylor Swift will allow Apple Music to stream her 1989 album

Hollywood brings roles to bear

MOVIES

Ted isn't the first of his kind to grace the silver screen

IN FOCUS

Richard Crouse

Seth MacFarlane once again voices a foul-mouthed, pot-smoking bear in Ted 2. CONTRIBUTED

When John Bennett (Mark Walhberg) was a small, lonely child he wished for just one thing — a best friend. His wish came true and Ted (voice of Seth MacFarlane), his trusty teddy bear, came to life. The pair became "Thunder Buddies" for life and the subject of two movies, Ted and this weekend's Ted 2.

Ted isn't your usual teddy bear. He smokes pot, swears — imagine rooming with Tommy Chong and Charles Bukowski — and has trouble holding down a job.

In the new film, Ted is married to a human woman but under the eyes of the law he is seen as property and not a person. When the couple decides to adopt a child he faces a court battle helmed by a young lawyer (Amanda Seyfried) and a renowned, civil-rights attorney (Morgan Freeman).

Ted may be the rudest and crudest teddy bear to ever star in a movie, but there are loads of other talking teddies that are cool bears and not Teddy Bores. Remember Lancelot from Labyrinth, or the bear in AI: Artificial Intelligence — who tells the young robot that 50 years is not such a long time — and Winnie the Pooh?

Here are three more cinematic bear necessities:

"I'll never be like other people, but that's alright," says the star of the delightful Paddington, based on the much-loved children's books by Michael Bond, "because I'm a bear. A bear called Paddington."

The story of Paddington (voiced by Ben Whishaw) the cuddly, orphaned Peruvian bear picks up when he, armed only with a "worrying marmalade problem" and his distinctive red hat, lands at Paddington Station in London. There, a family adopts him and learns to love the little bear, even though chaos follows his every step. The film's co-star Hugh Bonneville says the Paddington character is so popular he is, "part of the DNA of the U.K."

The movie presents Paddington in his iconic blue duffel coat and red hat but not the usual Wellington Boots because they were not part of the bear's original design. Manufacturers added his red wellies so the toy teddies were able to stand upright.

As voiced by Ned Beatty, Lots-o'-Huggin' Bear is a Southern accented, strawberry scented teddy who looks cuddly, but is anything but. When a misunderstanding threatens to separate the toys, Woody (Tom Hanks), Buzz (Tim Allen), Jesse (Joan Cusack) and the gang take matters into their own tiny hands but when they meet the huggable but evil Lotso the garbage dump or the attic begin to look good.

"The guy may seem plush and huggable on the outside," says Buttercup the Unicorn, "but inside he's a monster." His habit of throwing toys that don't please him into "the box" is so evil he's even been compared to the wicked Governor on The Walking Dead.

MOVIE RATINGS by Richard Crouse

Ted 2 ★★★
Max ★
The Overnight ★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Unlike Ted Fozzie the Bear doesn't work blue. The fuzzy brown jokester has been a big screen star since 1979's The Muppet Movie where he was discovered by Kermit the Frog doing stand-up comedy in a dive bar.

In the film Fozzie drives a Studebaker, but how, exactly, does a puppet manoeuvre a car? The film answers the question — "Where did you learn to drive?" Kermit asks. "I took a correspondence course!" — but the real answer is that the real driver hid in the trunk and drove the car by remote control, using a television monitor to guide his steering.

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Mark Wahlberg stars in Ted 2, his first-ever sequel film. According to Wahlberg, he was most attracted to the idea of changing the film's dynamic while also working with his good friend and director Seth MacFarlane. GETTY IMAGES

Marky Mark on his first time

TED SEQUEL

Wahlberg says he'll only do sequels if they feel 'different'

Matt Prigge
Metro | New York City

Mark Wahlberg doesn't do sequels. There's been talk of a second Italian Job, a second Four Brothers and even a follow-up to The Fighter that follows other boxers. But so far nothing has materialized, in part because he's picky. And yet here's Ted 2, his first sequel and a fairly different film than 2011's Ted, in which he played the owner-friend of a magically sentient talking bear, voiced by co-writer and director Seth MacFarlane.

"It was only worth doing it if we could make it better than the first. It had to be its own thing," responds Wahlberg over the phone from the film's London junket. "When people talk about sequels I always just shrug it off. If they develop a script I'll take a look at it. I always want to do something different and change the dynamic."

Part of that had to do with getting another chance to riff and hang out with MacFarlane. "Seth and I really have a lot in common. We have a knowledge of old, old television from the '70s and '80s," he explains.

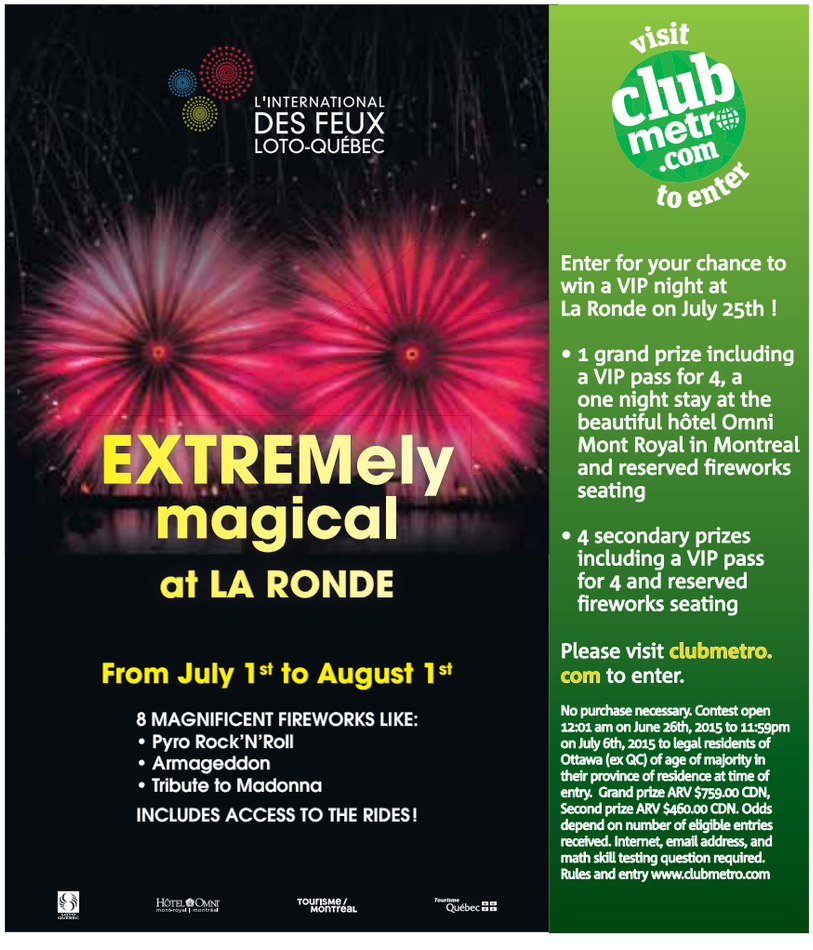
That's one reason they're comfortable together onscreen, though it's not as ad-lib-heavy as it may seem. "We play around a lot, but the writers are so good you don't need to improv so much. You might find yourself in a scene where you need to interject life into it. But it's not as necessary as it is in other situations."

MacFarlane's reputation for shocking and offending people is very much in play in Ted 2, which includes race and gay jokes, plus one about Charlie Hebdo. Wahlberg doesn't really think about those kinds of responses when saying them.

"It's one of those things where we shoot it, put it in front of an audience and see how people respond," he explains. "He doesn't like to be censored, to be sure."

Wahlberg doesn't even get shaken by the Ted films' most challenging aspect: believably conversing with a CGI talking teddy bear. MacFarlane riffs with Wahlberg while standing around where the camera is, while his co-star stares down at what will later be a special effect.

"I feel like he's real. And if I believe it, I feel I can convince an audience," Wahlberg says of his methodology. "That's what Seth wants and that's the only thing I want to do: we want to make it real. We want to make it look real. Not make a joke of it and wink at the audience."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INTERVIEW

Don't assume that Amanda Seyfried is one of those celebs

We spoke with Amanda Seyfried to discuss Ted 2, getting over stage fright to do theatre, being bad at improv and embracing social media.

Amanda Seyfried co-stars in Ted 2. CONTRIBUTED

The Way We Get By is your first play. How has that gone?
It's really the most intensely fulfilling moment of my life, creatively and personally. I have incredible stage fright, so this made me feel like I've succeeded at something really big. Almost done!

It also seems like improvising with Seth MacFarlane and Mark Wahlberg might be difficult. Did you have to do much riffing?
Not for me, because I ad-lib but I don't improvise. I'm not great at improv-ing. My brain doesn't work that fast. Mark and Seth are really good at it, and they're both really smart, and they have a great dynamic. They can riff off each other and it's so fun to watch. But I can't do that. I'm terrible at it.

This is your second film with Seth MacFarlane. What was your first meeting like?
He was a little shy at first. I'm very outspoken. I'm a little unfiltered and I say things to get a reaction, sometimes, when I'm nervous. I definitely said one thing, and his ears perked up and he said, "What?" I can't really say what it was. I always, unconsciously or consciously, try to disarm people a little bit.

What do people tend to assume about you?
I notice that people just assume I'm going to be an a—hole ... Do you know how many f—ing flight attendants have said to me — I'm sure this happens all the time to many people — they say, "You're actually really nice! I can't believe how nice you are!" Their expectations are just so low sometimes. Bummer.

Still, you have a fairly goofy Instagram. Were you reluctant to go on social media?
I was so against it. I don't want people to know more about me. But if you actually get a platform like that, you can promote anything you want, and people are going to listen. I meet a lot of my fans, especially now that I'm doing stage. If people want to come see me, they can.
MATT PRIGGE/METRO IN NEW YORK

Living a dog's life to the Max

FAMILY ADVENTURE

Lauren Graham talks working with kids and canine co-stars

Ned Ehrbar
Metro | Life

Lauren Graham, left, with her Max co-star Josh Wiggins, and Carlos the dog (inset). CONTRIBUTED

There's an old show business adage about never working with children or animals. The comment is usually incorrectly attributed to W.C. Fields, but no matter who coined the phrase, Lauren Graham clearly hasn't taken it to heart.

For her latest film, Max, about a military dog with PTSD that goes to live with the Texas family of its fallen trainer, Graham supports both a teenage co-star and a four-legged one. Yet, that doesn't mean she had any hesitations about the project.

"I've worked with a lot dogs — and a lot of kids," Graham says with a laugh. "You just know what to expect. It's another element of slight unknown, and a little bit of restriction in a way, because you can't just do whatever you want. You have to kind of be there for the animal or for the child. But that's OK."

In fact, that difference in the filmmaking environment can be a welcome change, Graham explains. "In a way it just kind of defines the world you're working in. And these dogs were incredibly well-trained, and for the most part they want to be working and they want to be rewarded for completing these tasks, so it was just kind of amazing to watch them," she says.

"They all live together with the same trainer, and they're all rescue dogs. They are friends, the dogs. They get along really well."

Best known for her work on television in both Gilmore Girls and Parenthood, some could argue that Graham is becoming something of an expert in playing characters who grapple with moody teenagers.

But Graham takes slight issue with that. "Well, on Gilmore Girls she wasn't so much moody when she was a teenager," she points out. "But they don't make enough movies about non-moody teenagers. I think that may be due to the fact that most of them are moody."

This film's moody teen is younger son Justin — played by Hellion star Josh Wiggins — a mopey hacker who sells pirated video games and shirks responsibility until his older brother's death in Afghanistan shakes up the family.

"He felt like a different kind of actor to me," Graham says of Wiggins. "And this was such a different world to play this family who are in Texas and the military is a very big part of their lives, so it felt like a different challenge."

> **You can't just do whatever you want, you have to kind of be there for the animal or for the child**
> Lauren Graham

Yes, that Perez is in the House

MUSICAL COMEDY

Gossip blogger to play the dad in Full House The Musical

Richard Crouse
Metro | Life

Perez Hilton, left, will star as the Full House dad in the musical based on the television classic. PHOTO ILLUSTRATION METRO

When most people of think of Perez Hilton they think of his blog PerezHilton.com, a gossip site that last year was ranked 1,234th most trafficked website on the Internet.

If Perez has his way, however, you'll start thinking of him as a musical comedy star. The Tisch School of the Arts graduate is set to star in National Lampoon's Full House The Musical! A Tanner Family Parody! at Toronto's Randolph Theatre for a limited run before the show moves to New York in September.

Hilton found out about the show, fittingly enough, on the internet. A friend posted a notice about the musical on his Facebook page. "I left a comment saying, 'I need to be involved. I need to be in this show,'" he says. "I even joked I would be Mary Kate and Ashley. One of the creators, Tobly (McSmith), said, 'Is Perez serious?'"

He was serious, but the show isn't. Featuring tunes like This House is Too Full and Our Family is Better Than Your Family, the musical shows what happens when, "something happens where (Danny) loses his ability to give 'dad' speeches and all hell breaks loose."

The show will "both celebrate and skewer the source material," he says. "In this one not only am I playing the family patriarch Danny Tanner, but I'm also playing Bob Saget. So we satirize the show and incorporate elements of these actor's lives that we know and love."

LET ME ENTERTAIN YOU

Papa Perez has a grand plan

Over the past year and a half, Hilton has acted in Sharknado 2 and Hot in Cleveland, and has a starring role in the upcoming horror film Most Likely to Die. He says his goal is to have a long career "doing many different things" as a general entertainer, like the late Joan Rivers.

Now a father of a two-year-old and a newborn, he jokes he's too old for late-night parties like last weekend's Much Music Video Awards, which he used to frequent. But he does love living in New York City. "I do so much with my kids, because there's so much to do and it's so easy to do it." THE CANADIAN PRESS

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ANIMATION

Inside Out

Directors: Pete Docter, Ronnie del Carmen
Starring: Amy Poehler, Bill Hader

Riley is uprooted from her Midwest life when her father starts a job in San Francisco.

ROTTEN TOMATOES™ SCORE

Critics: 98% Audience: 92%

ACTION & ADVENTURE

Jurassic World

Director: Colin Trevorrow
Starring: Chris Pratt, Bryce Dallas Howard

Steven Spielberg returns to executive produce the next instalment of his ground-breaking Jurassic Park series.

ROTTEN TOMATOES™ SCORE

Critics: 71% Audience: 83%

ACTION & ADVENTURE

Max

Director: Boaz Yakin
Starring: Jay Hernandez, Robbie Amell

A military dog from Afghanistan is adopted by his late handler's grieving family in the U.S., where his close bond with the soldier's brother leads to a life-altering revelation in this family-friendly adventure from MGM and director Boaz Yakin, who co-wrote the screenplay.

ROTTEN TOMATOES™ SCORE

Critics: 36% Audience: +94%

COMEDY

Ted 2

Director: Seth MacFarlane
Starring: Mark Wahlberg, Seth MacFarlane

Newlywed couple Ted and Tami-Lynn want to have a baby, but in order to qualify to be a parent, Ted will have to prove he's a person in a court of law. Seth MacFarlane returns as the voice of the titular bear in this follow-up to the 2012 live-action/CG-animated comedy.

ROTTEN TOMATOES™ SCORE

Critics: 46% Audience: +95%

DOCUMENTARY

Being Canadian

Director: Robert Cohen
Starring: Seth Rogen, Mike Myers

This humorous-yet-genuine documentation of filmmaker Rob Cohen's road trip across his beloved homeland sees him speaking with a variety of his fellow Canadians — some more well-known than others — as he aims to find out what it really means to be Canadian.

ROTTEN TOMATOES™ SCORE

Critics: No reviews yet Audience: +90%

DRAMA

7 Minutes

Director: Martin Jay Sadoff
Starring: Luke Mitchell, Jason Ritter

After becoming indebted to a psychopathic drug lord, three desperate young men are forced to commit a brazen robbery. What begins as a simple plan — "in and out in seven minutes" — quickly escalates into a dangerous game of life-or-death as true motives are revealed.

ROTTEN TOMATOES™ SCORE

Critics: 17% Audience: +73%

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TREND

Healthgoth trend started by an out-of-shape DJ

With a nightlife entourage, Chicago's Johnny Love and his crew have helped propel a fitness subculture movement that's become known as healthgoth.

With their tattoos, piercings, coloured hair and black mesh workout gear, the healthgoth followers don't fit the traditional gym rat mode.

The success of Love's viral Healthgoth Manifesto video on YouTube and his underground parties have brought him international fame. He toured his pop-up gym installations, making stops across America from Chicago to Austin for SXSW to Toronto (Love's Soft Leather dance party recently touched down in the city). Love and his posse walk participants through a series of exercises from his three-day free-weights routine, while DJs keep the energy levels up.

It all started when, going into his early 30s, Love had been on tour for months when he noticed things happening to his body.

"It was a gradual progress of my own fattening up with my face getting rounder and I looked really soft," he said.

He did what lots of people do when they need fitness advice and asked a more experienced friend for tips. Being on tour and not having a workout routine or gym membership, his options were limited but the weight loss solution he got was simple.

The success of DJ Johnny Love's viral Healthgoth Manifesto video and his underground parties have brought him international fame. TORSTAR NEWS SERVICE

"You don't need a gym membership," said the friend, "just quit eating carbs. Start tomorrow." Love was incredulous — it worked.

His current routine is not unlike many others you might encounter at the gym.

"There's a chest and biceps day, back and triceps day, and leg and shoulders day. And if there's room, we do an abs routine. Sure, everybody wants to focus on abs, but our free weight routine secondarily engages the core so that gets covered. If you still have strength at the end of day three, you can do a last calf exercises until your legs are burning and its time to go home. If you're sore, then you're doing a good job."

The Healthgoth fashion esthetic emerged from the Internet, inspired by avant-garde designers, like the Rick Owens and Alexander Wangs of the world.

As the fitness trend has gone global, mainstream designers like Nike, Under Armour and Adidas are creating specialized lines to fill the growing "alternative" activewear niche.

TORSTAR NEWS SERVICE

SHOPPING LIST

Haven (Havenshop.ca)
Haven has Japanese avant-garde and sporty deep in their DNA stocking limited runs of Junya Watanabe contemporary TAKAHIROMIYASHITA The Soloist's line, and oversized reflective running ponchos from Barbour & White Mountaineering and ACRONYM and Stone Island's Shadow Project.

Nomad (Nomadshop.net)
Incorporate the latest Fear of God tanks, Nike Tech Fleece shorts and Raf Simons Velcro sneakers into your training sessions thanks to Toronto's Queen West bastion of cutting edge menswear.

TORSTAR NEWS SERVICE

SMART DESIGN

3-D nail art at your fingertips

Not so long ago, Avery-Anne Gervais was flipping mobile home security cellphone applications as a door-to-door salesperson in Winnipeg. It was a far cry from the entrepreneur's lifelong dream of being a contestant on Dragons' Den.

Now, the 21-year-old is living in Shanghai, China, pulling the reigns of CLAWZ, her very own startup that bridges technology, fashion and art. Her product? Art for your fingernails made with a 3-D printer.

"If you want the Winnipeg Jets logo on your fingernails you stamp that on, or you want your high school emblem on there, or you want the letters of your name or the initials of all your best friends," said Gervais via Skype, from China.

Millennials have embraced nail art, transforming it from a fashion statement into a soaring trend. It's an age of mass experimentation; with 3-D printing, the possibilities seem endless.

"Pick your size, your colour and the shape, and just print it off," added Gervais. "So that was the dream — complete customization of whatever you wanted on your nails."

By 2018, 3-D printing is slated to be a $4.8-billion industry and the fashion world is looking to cash in.

Also known as rapid prototyping, 3-D printing uses different materials to build a three-dimensional model of an object layer by layer. Through the use of a computer-aided design (CAD) program, designs are created, dimensions are dictated and textures are explored.

Conventional nail art lasts for just a few days to upwards of a week or two. Unlike the shorter shelf life of typical nail art, CLAWZ is permanent, reusable, and texturized in greater detail. A 3-D printer prints out replicas of a set of nails in wax. These wax prototypes are cast into precious metals like black steel or silver, which, through a temporary adhesive that attaches to the nail, allows customers to self-decorate.

Gervais said CLAWZ targets young women aged 21 to 35 who get their nails done, and who perhaps consider themselves tech nerds.

"Women want to be integrated with technology and they love the idea that it's a 3-D printer. It becomes a conversation piece," she said.

CLAWS just pre-launched in China and is now marketing its soon-to-be-available summer line.

TORSTAR NEWS SERVICE

New York-based Laser Girls creates futuristic fingernail art. Most sets are 3-D-printed in nylon, cost about $20 and can be worn multiple times. DORIAN GEIGER/TORSTAR NEWS SERVICE

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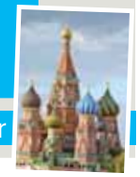
Nearly 5 million more foreign tourists visited Russia in the first quarter this year



Coastline, seafood without the crowds

A squall rolls in from the Gulf of St. Lawrence along the Cabot Trail in Cape Breton Highlands National Park, N.S. JOHN LUMPKIN VIA THE ASSOCIATED PRESS

NOVA SCOTIA

Outdoor pursuits await visitors on Cabot Trail

Rounding a curve on the Cabot Trail, you see it: an elongated pile of granite jutting toward the Atlantic Ocean.

It's called Middle Head, and it's part of Cape Breton Highlands National Park on Nova Scotia's Cape Breton Island. The views from here are stunning, whether a sandy beach below or brooding Mount Smokey above.

At Middle Head's entrance is the 75-year-old Keltic Resort, which can serve as a well-appointed base camp for exploring the 950-sq.-km. national park and the Cabot Trail, a ring road.

Reminiscent of Ireland's formidable Ring of Kerry, Cabot Trail's 298-kilometre route clings to cliffs, plunges into deep native forests and connects small coastal communities whose heritage comes from French, Irish and British settlers, as well as the Mi'kmaq, the region's indigenous people.

Highway signs may be in French or Gaelic, as well as English.

Navigating sharp bends and steep descents, motorists can stop at numerous "look-offs" that may be safer than gawking through the windshield.

Birds are abundant, marine life can be observed during off-shore tours, and a moose or two may materialize.

One difference between the Ring of Kerry and its Canadian counterpart is the crowds.

Here, tour buses are rare and other traffic is light. Just make sure you know where gas stations are.

For the peckish along the Cabot Trail, an extraordinary club sandwich is served at the unpretentious Seagull Restaurant near the Keltic Resort.

It is packed with chunks of locally caught lobster, smoked bacon and summer-fresh lettuce and tomato on crusty toast.

The chowder is prepared daily by the octogenarian owner and retired coal miner, John Dan Jobes. In his broth could be crab, scallops, salmon, mackerel, cod or halibut.

IF YOU GO

Check out Cheticamp, a French-Acadian fishing village; the Bell Museum in Baddeck; and Glenmora Distillery in Glenville.

Up the highway is the Chowder House in Neil's Harbour, a fishing village with stacks of lobster traps on its wharfs.

Chowder House's 16 indoor picnic tables were crammed before noon on a weekday with offerings of lobster sandwiches, crab cakes and both clam and seafood chowder.

Its mussels could have been harvested that morning from Cape North near where explorers John and Sebastian Cabot were said to have landed in 1497.

Working up an appetite is not difficult. Hiking trails for different skill levels are plentiful throughout the national park, including more than a half-dozen near its entrance at Ingonish Beach.

One low-impact guided hike traverses the length of Middle Head through trees and patches of knapweed, elderberry and wild daisies to its tip for a 270-degree panorama of the ocean and faraway jagged shorelines.

Said to be among the world's top cycling destinations, Cape Breton Highlands has strategically placed campgrounds for longer Cabot Trail rides and several off-pavement trails.

The main lodge at Keltic Resort near Ingonish Beach, N.S. JOHN LUMPKIN VIA THE ASSOCIATED PRESS

Golf at internationally ranked Highland Links adjacent to Keltic Resort can be arduous, if you walk rather than ride in a motorized cart.

Highland Links' holes wind by the sea, twist through dense woodlands or border the Clyburn River. The trek from the first tee to the 18th green is 13 kilometres.

With what's left of the day, you could attend a "ceilidh" at a local parish hall where musicians gather to play or spend it in the Highland Sitting Room at Keltic, with ocean views, twin fireplaces and entertainers.

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Think you know Canada, eh?

CANADA DAY

Quiz focuses on unique attractions countrywide

ON THE MOVE

Loren Christie

In honour of Canada's 148th birthday on Wednesday, let's celebrate our collective quirky side by testing your knowledge of our country's most bizarre and unique tourist destinations.

1. Cap-Egmont, P.E.I., is home to a collection of three buildings made from 25,000 recycled what?
a) Egg cartons
b) Bottles
c) Horseshoes

2. Every spring tens of thousands of snakes, the largest gathering in the world, emerge from their winter dens. Which province is home to this slithering frenzy of activity?
a) New Brunswick
b) Manitoba
c) British Columbia

3. The ferry service between these two cities is the oldest continually operational saltwater ferry service in North America.
a) Halifax-Dartmouth
b) Vancouver-Victoria
c) Ottawa-Montreal

4. This Vancouver Island town is home to world's largest hockey stick and puck.
a) Duncan
b) Nanaimo
c) Tofino

5. This province is home to The Myriad View, Canada's first legal moonshine producer.
a) Saskatchewan
b) Quebec
c) Prince Edward Island

6. Which province can lay claim to giant roadside attractions that include an apple, a nickel and a really large Canada goose?
a) Newfoundland
b) Ontario
c) Alberta

7. This island is the largest island in a freshwater lake in the world.
a) Miller's Island
b) St. Pierre and Miquelon
c) Manitoulin Island

8. This city has the most pubs per capita in Canada.
a) St. John's
b) Toronto
c) Halifax

9. True or false, the Ice Hotel, outside of Quebec City, is rebuilt every year from scratch.

10. Carl Lindley, a homesick U.S. soldier building the Alaska Highway, posted a sign post to his hometown in 1942. Today the Sign Post Forest in Watson Lake, Yukon, has how many signs from all over the world hammered to row upon row of posts?
a) 77,000
b) 7,700
c) 77

11. Which of the following festivals does not exist?
a) Nanaimo's World Championship Bathtub Race
b) The Great Klondike International Outhouse Race in Dawson City
c) The National Frog Jumping Championships in St. Pierre-Jolys, Man.

12. Alberta's Wood Buffalo National Park is home to the world's largest what? It's so big it can be seen from space.
a) beaver dam
b) eagle's nest
c) canoe

13. The Leifsburdir in Newfoundland is the only sod-covered restaurant in North America. It serves up traditional —— food.
a) Acadian
b) Viking
c) British

ISTOCK

Answers:

1. b 8. c
2. b 9. True
3. a 10. a
4. a 11. Trick question
5. c — all exist
6. b 12. a
7. c 13. b

The courtyard at the Uffizi Gallery in Florence, Italy. WIKIMEDIA COMMONS

ITALY

Florence museums open late

Three highly popular tourist attractions in Florence, Italy, including the Uffizi Gallery, will be open on Saturday nights.

The Italian Culture Ministry announced earlier this week the Uffizi, the Accademia Gallery and the Bargello National Museum, starting this week, will be open Saturdays from 7 p.m. until 11 p.m. The special initiative runs until Dec. 19.

The Uffizi is Italy's top-drawing museum. The Accademia is famed for Michelangelo's sculpture David. The Bargello is mainly dedicated to sculpture.

THE ASSOCIATED PRESS

TRAVEL NOTES GLOBAL HOTSPOTS, KEY MAKEOVER AND BAJAN BARGAINS

London wins
MasterCard's 2015 Global Destination Cities Index recently cited London as the world's busiest tourist city, projected to get almost 19 million visitors this year. That's a lot of selfies with Big Ben. Bangkok placed second with a little more than 18 million. Paris is next (16 million), followed by Dubai (14.25 million), Istanbul (12.5 million) and New York (12.25 million).

London is one busy tourist city. TIM STEWART

Facelift in Florida
Hawks Cay, a quiet resort on Florida's Duck Key in the south end of the state, just finished a $22-million renovation, sprouting a new adults-only section and new family suites, plus revamped meeting space to the tune of 20,000 sq. ft. Updates also include facelifts to the spa. A Marina Walk cultural and market area debuts early 2016. Visit HawksCay.com.

The sun goes down on Hawks Cay. JASON STEMPLE

Romantic seclusion
Newly restored, The Crane resort hotel in Barbados is offering 35 per cent off all rooms from now until July 15 for travel before April 14, 2016. Enjoy private pools, gardens, old-world charm and natural beauty. Guests staying for a week get additional resort credits. Email reservations@thecrane.com for details. Booking code: SUM2015.
DOUG WALLACE

The Crane resides in the Barbados. CONTRIBUTED

U.S.

Sophisticated surf city describes San Diego

People stroll down the beach in the La Jolla section of San Diego, Calif. LENNY IGNELZI VIA THE ASSOCIATED PRESS

With an average of 250 days of sunshine a year, any time is good to visit San Diego, Calif.

Summer, however, means the chilly Pacific Ocean waters are warm enough for surfing without a wetsuit and the time is ripe to leverage beach fire pits.

Ride the waves

San Diego's coast boasts world-class surfing but also decent waves for the novice.

There are a slew of surf schools. Best bet is to look online or head to neighbourhoods such as Mission Beach or Pacific Beach. Or grab a local craft beer and nachos at the WaveHouse on Mission Beach that hosts competitions of surfers flipping in the air off its machine-churned pool waves, with a view of the real thing in the Pacific.

Al fresco dining is a must-do in this city. For a cheap breakfast or lunch, visit a farmer's market. There are several open daily.

Or, make like the locals and grab a bundle of wood at a grocery store and roast hot dogs at one of the permanent fire pits set up along San Diego's bays.

The pits and their locations actually get reviews on Yelp.

Picnic in the park

Another popular, evening picnic spot from spring through fall is at the Velodrome in Balboa Park, where you can watch cyclists spin around the track while DJs often spin their own tracks.

Check the schedule at sdvelodrome.com/racing/.

Another prime spot for people watching — and enjoying a good espresso — is in San Diego's Little Italy. The hilly, picturesque downtown neighbourhood is a hip, bustling mecca of cafes, shops and art galleries.

You'll hear plenty of Italian spoken here by young Italians who have opened up businesses or come to work here in recent years.

And on any given weekend, there seems to be some kind of festival, most Italian-themed, from chalk art contests to bocce ball tournaments.

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metro SPORTS

Atlanta outfielder Nick Markakis's record error-free streak ended at 398 games

WEEKEND, June 26-28, 2015

Stone, Zibanejad sign new deals

SENATORS

Key forwards were restricted free agents

The Ottawa Senators were busy on the eve of the NHL draft getting new contracts done for restricted free agent forwards Mark Stone and Mika Zibanejad.

Stone's deal is for three years and worth $10.5 million US, while Zibanejad received a $5.25-million, two-year contract.

"Obviously they are two young players with bright futures for the organization," general manager Bryan Murray said on his way from Las Vegas to South Florida for the NHL draft.

There's still work left as Ottawa needs to sign RFA forwards Mike Hoffman and Alex Chiasson. That may come down to arbitration.

"It doesn't look at this moment like we're making a lot of progress, and they both have arbitration rights and it looks like that's where they want to head, so we'll prepare accordingly," Murray said.

Mark Stone, left, and Mika Zibanejad GETTY IMAGES

> **Obviously they are two young players with bright futures for the organization.**
> Bryan Murray

The Senators don't need to worry about that with Stone and Zibanejad.

Stone, Ottawa's Calder Trophy finalist, will count $3.5 million against the cap. He'll make $2.25 million next season, $3.75 million in 2016-17 and $4.5 million in 2017-18.

The 23-year-old finished second in rookie-of-the-year voting to Florida Panthers defenceman Aaron Ekblad. Stone had 47 points in his final 46 games of the season to help lead the Senators from out of the race to a playoff spot.

"Mark became one of our better players, if not one of the best, right at the end of the year in particular, but throughout the stretch run and when we were trying to make the playoffs," Murray said. "Not only did he score a number of goals but he stole a lot of pucks and played honest, two-way hockey."

The 22-year-old Zibanejad set career highs with 20 goals, 26 assists and 46 points this past season. He'll make $2 million next year and $3.25 million in 2016-17.

"We think that Mika on a two-year deal gives him the opportunity to take the next step in his career to become a key centre-iceman for the Senators," Murray said. "We're very happy with his progress to this point in time and we think he has a bright future."

THE CANADIAN PRESS

Go to metronews.ca for coverage of this weekend's NHL Entry Draft

CFL REDBLACKS KICK OFF SEASON IN MONTREAL The Redblacks' Travis Brown, bottom right, tackles the Alouettes' Tyrell Sutton with the assistance of teammate Jerrell Gavins during the CFL's regular-season opener on Thursday night in Montreal. The Redblacks will play their home opener on July 4 against the Lions. For Thursday's result, go to metronews.ca.

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IN BRIEF

Concussions under the microscope

More than 35,000 college athletes and cadets at U.S. service academies are helping researchers write a new, extensive and groundbreaking chapter in the study and tracking of concussions.

With about $22 million in funding from the NCAA and Department of Defence, the college students have agreed to be monitored over a period of years, even decades, to determine the frequency, severity and cumulative effects of head injuries in their respective activities.

Baseline data has already been gathered on 6,500 students, about 225 of whom have suffered concussions and been evaluated.

THE ASSOCIATED PRESS

#1 draft pick Towns joins T-wolves young squad

The Minnesota Timberwolves selected Kentucky's Karl-Anthony Towns with the first pick in the NBA draft on Thursday night, the first of three straight freshmen chosen.

The Timberwolves went for the centre in their first time owning the No. 1 pick. They can add him to a young roster featuring Rookie of the Year Andrew Wiggins, who was picked first last year by Cleveland and later dealt to Minnesota in the Kevin Love trade.

THE ASSOCIATED PRESS

Hurt, but still in the game

WOMEN'S WORLD CUP

Sesselmann overcomes knee injury to help Canada

Canada defender Lauren Sesselmann has clawed her way back into the women's national team lineup after tearing her ACL in training for last year's Cyprus Cup. MINAS PANAGIOTAKIS/GETTY IMAGES

The post-practice ice bag on Lauren Sesselmann's knee is a reminder of the veteran defender's painful journey to the Women's World Cup.

At times it has been one step forward, two steps back in her return from anterior cruciate ligament surgery. The 31-year-old has had some missteps at the tournament. But the resilient Sesselmann has bounced back and continues to line up alongside teenage centre back Kadeisha Buchanan in a stingy Canadian defence.

In the tournament opener against China, a giveaway during a passage of erratic play in the first half meant Sesselmann had to convince coach John Herdman to keep her on the field. There were also some hiccups in the round-of-16-game against Switzerland.

Herdman has defended his centre back. But Sesselmann has felt the heat from the media, perhaps unfairly for an athlete who has had to go from zero to a 100 in returning from a serious knee injury at the sport's biggest showcase.

"You hear it here and there," she said of the criticism. "People are always going to have something to say. You can be the best player in the world and they still have something to say. I'm not even worrying about that. I look where I am and how far we've gotten at the tournament and it's kind of that moment where you're just like 'We're here, you're not.'

"This is our team and we're focused on the talk at hand… People can say what they want but we're focused on winning the Cup."

Canada's next challenge is England on Saturday in the quarter-finals at B.C. Place Stadium.

Sesselmann tries to see the bigger picture when it comes to being under the spotlight.

"Everybody in this tournament makes mistakes.

Even the greatest athlete in the world makes mistakes," she said. "It's part of the game.

"It's how you bounce back from them. And each game for me has been better and better. My job is to defend and that's exactly what I've been doing."

Canada is tied with the U.S. and Brazil with just one goal conceded at the tournament.

Sesselmann says she has been feeling calmer each time out. And she takes great pride in having made it back to the national team.

"This time last year was a really bad time for me," she said. "And the whole (recovery) process itself, there were tons of highs and lows — mostly lows. So it was a really difficult passage for me.... I look where I was over a year ago, I'm just so proud of myself and just really excited.

"To be here is the greatest thing ever."

The American-born Sesselmann qualifies to play for Canada through her father, who was born in Stephenville, N.L. She was 28 when she made her debut for Canada.

She has won 44 caps for Canada and started all six games at the London Olympics where the Canadian women won bronze.

THE CANADIAN PRESS

30M

FIFA says its 2014 Women's Football Survey, which drew responses from 177 of 209 member associations, showed that 30 million women play soccer worldwide. FIFA's goal is have 45 million women playing soccer by 2019.

QUARTER-FINALS

FRIDAY	SATURDAY
In Montreal Germany vs. France, 4 p.m.	**In Edmonton** Australia vs. Japan, 4 p.m.
In Ottawa China vs. U.S., 7:30 p.m.	**In Vancouver** Canada vs. England, 7:30 p.m.

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RECIPE Rose's Hawaiian Burger

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 23 minutes
Serves: 4

Ingredients
- 1 lb ground lean sirloin steak
- 3 Tbsp minced green onion
- 1/4 cup dry seasoned breadcrumbs
- 3 Tbsp barbecue sauce
- 1 1/2 tsp crushed fresh garlic
- a pinch of salt and freshly ground black pepper
- 1 egg
- 1 tsp dried basil
- 1 medium red bell pepper cut into four wedges
- 4 rings sweet large onion (cut into 1/4 thickness)
- 4 slices zucchini, sliced lengthwise (cut into 1/4 thickness)
- 2 round slices pineapple (1/2 thick, cut into four pieces)

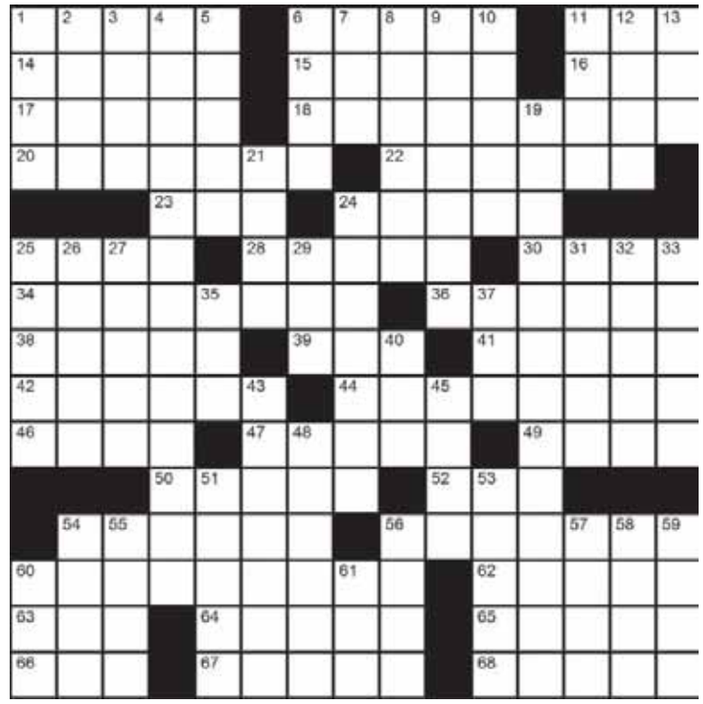
Directions
1. To make the burgers, combine meat, green onion, breadcrumbs, barbecue sauce, garlic, salt, pepper, egg and basil in a large bowl. Mix thoroughly and shape into four burgers. Grill for four minutes per side, or until no longer pink in the centre.
2. Meanwhile, grill on barbecue or in a pan, red bell pepper wedges, onion rings and zucchini slices until charred and tender, about 10 minutes. Add pineapple slices and grill for five minutes in total.
3. Layer burger with vegetables and pineapple and serve. If preferred, serve with hamburger buns.

Nutrition per serving
- Calories 280
- Protein 26 g
- Fat 13 g
- Sodium 253 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Thicket of trees
6. Calendar amounts
11. Deplete
14. Literary adventurer Mr. Quatermain
15. Georgia of "The Mary Tyler Moore Show"
16. Blood-typing letters
17. Andes creature
18. Quantity for Earl Grey?
20. John _ (Canadian host of Food Network's "You Gotta Eat Here!")
22. Castle tower
23. Airport acronym
24. Filmdom's Mr. Eisenberg
25. Advertised-on-TV record co.
28. Scoundrel
30. Ms. Jordan
34. Like sci-fi aliens
36. Mr. Yoakam
38. "You wanna fight, you'll get a fight!": 2 wds.
39. "_ 2" (2015) starring Mark Wahlberg
41. Challenger's beginning words...
42. Naval port of France
44. Hit for #30-Across: "Make You a _"
46. Blind, as per falconry
47. Island retreat in 1988 hit "Kokomo"
49. Journalist's interest
50. "Kind of _ _" by The Buckinghams
52. Cottage bed
54. Muscular
56. Harry Potter's pal Ron
60. Porch's lovely-sounds-provider: 2 wds.
62. Zzzzz ...loudly!
63. Cousin of 1960s television
64. "Why _ _?" (How come you won't let me?)
65. Ancient Greek colony
66. Music style, _ Soul
67. "Wayne's World" (1992) character Garth
68. Basketball-into-net sound

DOWN
1. Math class, e.g.
2. Stewing pot
3. _ du jour (Restaurant's special)
4. Dutch cartographer (b.1728 - d.1801) who became British North America's first Surveyor-General in 1764: 2 wds.
5. Pass, as law
6. Abominable snowman
7. Opposite WSW
8. Types of quartz
9. Withdrew from a court case
10. Music symbols
11. Home free
12. Border on
13. Parliament Hill fig.
19. Donald Sutherland's character in the 'Hunger Games' movies: 2 wds.
21. Not nervous
24. Beetle kind: 2 wds.
25. Works with wool
26. From head-_-_
27. Occur as a result
29. Muesli tidbit
31. Tequila plant source
32. The Taming of the _
33. 'Gang' suffixes
35. Barcelona 'one'
37. Nintendo game console
40. Newbie socialite [abbr.]
43. Spiral-tusked Arctic whale
45. Pretty material
48. Emulating the sun
51. Record label
53. Desert green spot
54. Locale
55. Go _ detail
56. Figure skater Johnny
57. Ms. Anderson
58. Q. "'_ _' _ amongst George Clooney's acting gigs, right?" A. "Yeah, he played a doctor."
59. "You betcha!"
60. Succeed
61. Kingston Trio song

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You can talk your way out of anything. Your powers of persuasion are second to none. Whether you use this talent wisely remains to be seen but wherever you go this weekend others will be impressed by your words.

Taurus April 21 - May 21
Over the next few days it will become increasingly obvious that the world has moved and you must move with it. Taurus may at times be an inflexible sign but even you know the old way of doing things has had its day.

Gemini May 22 - June 21
Mercury in your sign makes this an ideal time for forward planning, for thinking ahead. What you decide over the next few days will be what you bring into being over the next three or four weeks, so think carefully.

Cancer June 22 - July 23
What do you fear the most? Whatever it is, you must now face up to it and overcome it once and for all. Most likely you will discover it really isn't such a nightmare after all.

Leo July 24 - Aug. 23
Your views and opinions are likely to change quite dramatically over the next few days. You will certainly become aware of possibilities that did not occur to you before. Too fixed an outlook is the enemy of progress, so be flexible in your thinking.

Virgo Aug. 24 - Sept. 23
Your attitude towards your work will become a lot more serious over the next few days. Even if you are already successful in what you do you will realize there is so much more you can achieve.

Libra Sept. 24 - Oct. 23
With mind planet Mercury moving through the area of your chart that governs long-distance travel, you won't be short of offers to expand your horizons. Accept each and every one of them.

Scorpio Oct. 24 - Nov. 22
Something will grab your attention today and captivate you to such an extent that you have little time for anything else. In the short-term that may be no bad thing but try not to let it become an obsession.

Sagittarius Nov. 23 - Dec. 21
You seem to be doing a lot for other people and not so much for yourself. That needs to change. You must learn to say "no" whenever anyone, no matter how close, asks you to do things that you clearly don't enjoy.

Capricorn Dec. 22 - Jan. 20
As Mercury moves through the work and health area of your chart you will find plenty of reasons to get busy — not least that you fear your reputation will suffer if you don't take a leading role. Don't exhaust yourself though.

Aquarius Jan. 21 - Feb. 19
Nothing is beyond you. All things are possible. According to the planets, you will make even the most difficult of tasks look easy. There is though a danger that you will take on too much and spread yourself too thin. Stay focused on your number one aim.

Pisces Feb. 20 - March 20
You must stay true to your beliefs. The more others try to persuade you to change your way of looking at and dealing with the world the more you must dig in your heels and refuse.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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